

# CEDAR VALLEY WRESTLING

Individual Folkstyle  
Wrestling Tournament  
Boys/Girls & Mens/Womens  
PreK-12th/Open 18+  
LIMITED TO FIRST 1000 WRESTLERS

## 2026 SPRING NATIONALS

SUNDAY, March 22nd, 2026 | Wrestling at 8:00 A.M.

Univ. of Northern Iowa WRC | 2250 Hudson Rd, Cedar Falls, IA 50614

**ENTRY FEES: VARY BY REGISTRATION DATE. NO REFUNDS!**

**Entry** - \$45 through March 8<sup>th</sup> & \$55 after March 8<sup>th</sup> | **Late Entry** - \$65 after March 18<sup>th</sup>

Register online at: [www.trackwrestling.com](http://www.trackwrestling.com) and search: "Cedar Valley Nationals 2026"

*Your registration is not complete until payment is received.*

This is a **GRADE** tournament. Wrestlers must register in grade they are in during the 2025-26 school year.

**ADMISSION: \$10 cash only - No Refunds!** (5 years old or younger FREE)

**COACHES PASS: \$20 cash only. No Refunds!**

- No wrestling card needed for this tournament!
- We will have a Concession and Apparel Stand Open! No Refunds!
- You can bring a small cooler! No big coolers! Chairs allowed (rubber)! No metal feet chairs!

### AWARDS

- 1st - **The 4LB GOLDEN OWL TROPHY** & 2nd-6th Custom Medals!
- Top 3 teams will receive a banner for the overall tournament placement!
- Fastest Fall Award & Most Falls/Least Time Award

### WEIGH-IN SCHEDULE - No scale allowance!

**(Optional) Saturday, March 21st** (\$10 per person) weigh-in: 5:30-7:30 p.m. (OFF-SITE)

Off-site weigh-ins at Nielsen Field House: 1400 W 19<sup>th</sup> St, Cedar Falls, IA 50613

**Sunday, March 22nd** Free Weigh-in 6:00-7:00am For All Divisions (**ON SITE!** Doors open at 5:50)

*All wrestlers must wear singlets or 2-piece at weigh-ins!*

**\*\*\*We reserve the right to combine weight classes!\*\*\***

### INFORMATION CONTACT:

Question: [cwwrestlingevents@gmail.com](mailto:cwwrestlingevents@gmail.com)

Follow us for updates: Cedar Valley Wrestling on Facebook

**No Card Needed for this tournament! Not responsible for lost items or liable for accidents/injuries. For each wrestler only 2 coaches are in the corner for matches!**

We will have Certified Wrestling Officials. We will follow the New N.F.H.S Rules for all Divisions with headgear optional. For all divisions first overtime will be 1 min. neutral position and second overtime will be :30 second ultimate tiebreaker. No reviews! Decisions of the referee will be final. Good sportsmanship is a must for spectators, coaches and wrestlers! Weigh-ins will be held at the tournament site. We will have skin/nail checks! If you have a skin condition, bring a note from the doctor that it is not contagious or you will be scratched!

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### **BOYS DIVISIONS: PreK-K, 1-2nd, 3-4th, 5-6th, 7-8th, 9-12th**

**MATCH TIMES: PreK-6th (1:00-1:00-1:00) • 7th-8th (1:30-1:00-1:00) • 9th-12th (1:30-1:30-1:30)**

**Boys PreK-K Division : 35, 40, 45, 50, 55, 60, 70, 90**

**Boys 1st-2nd Division : 40, 45, 50, 55, 60, 65, 70, 75, 80, 90, 110**

**Boys 3rd-4th Division : 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 135, 170**

**Boys 5th-6th Division : 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 150, 215**

**Boys 7th-8th Division : 75, 80, 85, 90, 95, 100, 105, 110, 120, 130, 140, 150, 160, 180, 200, 260**

**Boys 9th-12th Division : 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285**

### **GIRLS DIVISIONS: PreK-2nd, 3-5th, 6-8th, 9-12th**

**MATCH TIMES: PreK-5th (1:00-1:00-1:00) • 6th-8th (1:30-1:00-1:00) • 9th-12th (1:30-1:30-1:30)**

**Girls PreK-2nd Division : 35, 40, 45, 50, 55, 60, 65, 70, 90**

**Girls 3rd-5th Division : 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 170**

**Girls 6th-8th Division : 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 130, 140, 150, 160, 180, 260**

**Girls 9th-12th Division : 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 265**

### **18+ Divisions: Men's Open, Women's Open, Mom's, Dad's**

**MATCH TIMES: All 18+ divisions (1:00-1:00-1:00) \*Mom's/Dad's must have child competing\***

**Men's Open (18+) Division : 125, 135, 145, 155, 170, 190, 215, 285**

**Dad's Division : 130, 145, 160, 175, 190, 215, 285**

**Women's Open (18+) Division : Group by weight**

**Mom's Division: Grouped by weight**

**\*\*\*We reserve the right to combine ANY weight classes!\*\*\***

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